

Skinny Turkey & Wild Rice Soup

Source: *TheSkinnyFork.com*

Servings: 6

Serving Size: About 1 1/2 Cups of Soup

Nutrition Facts: Calories: 217.4, Fat: 1.3 g, Carb: 24.4 g, Fiber: 2.7 g, Protein: 25.6 g, Sugar: 4.7 g, Sodium: 717.8 mg

Ingredients:

2 Carrots, *Chopped*
2 Celery Stalks, *Chopped*
1 Medium Onion, *Chopped*
2 Garlic Cloves, *Minced*
6 1/2 C. Reduced Sodium Chicken Broth
3 Tbsp. Flour
1 C. Long Grain & Wild Rice, *Uncooked*
1 Tsp. Dried Thyme
1 Bay Leaf
2 C. Turkey Breast, *Cooked & Shredded or Cubed*
1 C. Fat Free Half & Half
Salt & Pepper to Taste

Directions:

1. Place the carrots, celery, onion and garlic into a large stock pot along with 1/2 c. of the chicken broth. Sauté over medium heat for about 10 minutes or until the onion is translucent and the vegetables are tender.
2. Sprinkle in the flour and continue to stir for about 3 minutes.
3. Add in the rest of the broth, along with the wild rice, thyme, and bay leaf. Bring the pot to a boil. Cover the pot, reduce the heat to medium-low and cook for 25-30 minutes.
4. When the rice is tender, add in the turkey. Cook for 10 minutes.
5. Stir in the half & half and allow to cook for another 10 minutes.
6. Remove the bay leaf and season with salt and pepper to taste. Serve warm and enjoy!



Turkey and Cranberry Salad with Toasted Pecans and Smoked Gouda

Source: *The Recipe Girl Cookbook*

Serves 4

Nutrition Facts: Calories: 557, Fat: 36 g, Carb: 34 g, Fiber: 6 g, Protein: 27 g, Sodium: 373 g

Ingredients

Dressing

- 4 tablespoons canola oil
- 2 tablespoons apple cider vinegar
- 1 tablespoon finely chopped shallot
- 1 tablespoon freshly squeezed lemon juice
- 1 tablespoon maple syrup
- 1/8 teaspoon salt
- 1/8 teaspoon freshly ground black pepper

Salad

- 8 cups baby spinach
- 1 1/2 cups chopped roasted turkey or chicken
- 1 large Red Delicious apple, cored and chopped or sliced
- 3/4 cup cubed or grated smoked Gouda cheese
- 1/2 cup dried cranberries
- 1/2 cup chopped pecans or walnuts

Directions

Whisk all the ingredients for the dressing in a small bowl. Toss together the salad ingredients in a large bowl. Drizzle the dressing on top of the spinach mixture and gently toss together. Serve immediately.



Gouda Pronunciation: [GOO-dah]

Made since the 6th century and Holland's most famous cheese, Gouda represents 60 to 65 percent of the cheese production in that country. It can be made from raw or pasteurized cow's milk, though most of today's product is factory-made with pasteurized milk. Gouda comes in wheels that can range from less than 1 pound to 88 pounds. Young versions have a supple, smooth texture; ripened cheeses become hard and flaky and have crunchy white flecks of crystallized protein. The flavor of Gouda can range from delicate and mild for young cheeses to full, rich, fruity and nutty for aged versions. Long-aged cheeses are rich, intense and have notes of butterscotch and toffee. The fat content for standard Gouda is approximately 48 percent; the partially skimmed-milk **light Gouda** has 30 to 40 percent fat.